

CDC: Tips from Former Smokers - Nathan

This program is presented by the Centers for Disease Control and Prevention

I'm Nathan. My job gave me a lot. It gave me an income to support my family. It gave me purpose and pride. But the secondhand smoke there triggered my severe asthma attacks, infections, and lung damage. And I never smoked. It was so bad that my doctor told me I shouldn't work there anymore. I had to quit my job. But the damage was done. Now, I'm so sick, I can't do much of anything I used to love to do. I don't referee youth basketball anymore. I don't run or lift weights; it's too much for my body to take. Instead, I'm taking breathing treatments or oxygen. I guess you could say my job gave me a lot. So let me give you a tip. Don't let people tell you that working around secondhand smoke is safe.

[Announcer] Smoking affects more than just your health. If you or someone you know wants free help to quit smoking, call 1-800-QUIT-NOW. A message from the US Department of Health and Human Services and CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.